

Leaking Milk

Leaking milk is a normal by-product of pregnancy and lactation and may occur before, but more commonly after, you deliver your baby. However, some women never experience leaking.

How Can I Deal with My Leaking Breasts?

While not all mothers experience leaking, some mothers find that their breasts do leak, especially in the early months while milk production is being established. Some women leak on one side while breastfeeding on the other. It can be helpful to put a towel or cotton diaper over the other side to catch the flow.

Disposable nursing pads as well as reusable, washable cotton pads are available to wear in your bra and help absorb leakage between feedings. Avoid pads with a plastic liner that traps moisture against your skin as this can cause nipples to become sore. Changing pads frequently will help keep your nipples from becoming too moist and possibly sore.

Leaking may be minimized by not missing feedings or going longer between feedings than usual. If you feel the milk ejection reflex (the "let-down") and are in a situation where you can't feed your baby immediately or are away from your baby, a slight pressure against your breast will often stop the "let-down" and leaking. This can be done inconspicuously by crossing your arms across your chest and applying slight pressure.

Wearing patterned tops is also a good idea as spots will not show on patterns like they do on a single colored fabric. You will probably find that as time goes by you will leak less or not at all. This does not mean that you are losing your milk, but rather that your body is regulating milk production.